

# Trinity Lutheran School

Activities Ministry Handbook

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Trinity Lutheran School  
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## **Activities Ministry**

*(As long as it is day, we must do the work of him who sent us. John 9:4)*

## **Statement of Purpose**

Trinity Lutheran School exists to provide the opportunity for children to develop, through the power of the Holy Spirit, a childlike faith in the Lord Jesus Christ, a greater love for God, and compassion for others.

Trinity's Activities Ministry promotes this philosophy through different programming. Through participation, the student will further develop spiritually, mentally, emotionally, physically, and socially. Students are encouraged to be the best and give God all the glory.

## **Conference Affiliation**

Trinity is a member of the Iowa District East Lutheran Schools Athletic Conference (IDELSAC). The conference consists of Lutheran schools in the eastern half of Iowa, from Interstate 35 on the west to the Mississippi River on the east. The conference follows Iowa High School Athletic Association and Iowa High School Girls Athletic Union rules and guidelines except where the IDELSAC has chosen to differ.

## **Interscholastic Sports Offered**

### **Spring**

Track & Field Girls 3&4/Boys 3&4/Girls 5&6/Boys 5&6/Girls 7&8/Boys 7&8

### **Winter**

Basketball Girls 5&6 / Boys 5&6 / Girls 7&8 / Boys 7&8

Cheerleading Girls 5&6 / Girls 7&8

Lego League Co-Ed K-8th

### **Fall**

Cross Country Girls 5&6 / Boys 5&6 / Girls 7&8 / Boys 7&8

Football Boys 7&8

Soccer Co-Ed 5&6 / Co-ED 7&8

Volleyball Girls 5&6 / Girls 7&8

*Students of both genders may participate in co-ed soccer, cross country, track and field, and cheerleading. Biologically born girls may participate in volleyball and girl's basketball, while biologically born boys may participate in flag football and boy's basketball. This is in accordance with IDE District guidelines.*

## **Program Focus**

The focus of the fifth-sixth grade programs is to provide students with an introduction to the various sports offered at Trinity, the opportunity to participate in them, and the chance to begin developing the skills needed to play those sports. Coaches will make every effort to provide all student-athletes equal playing time through the first three-fourths of the athletic contest. Coaches may implement strategic substitution in the last one fourth of all athletic contests and for all tournament play.

The focus of the seventh-eighth grade programs is to provide the opportunity to participate in the sports offered at Trinity, to further develop the skills needed to play those sports, and to learn to compete. Playing time at the seventh-eighth grade level may not be equal.

## **Goals**

1. To glorify Jesus Christ in all that is done on and off the playing field and/or court, and to understand how the use of one's physical skills can be a form of worship.
2. To help student-athletes establish a stronger relationship with Jesus Christ.
3. To help student-athletes realize the importance of other people in their lives and the value of working cooperatively with them.
4. To help student-athletes improve their ability to make critical decisions quickly, even under pressure.
5. To help student-athletes express emotions appropriately, and not allow those emotions to control them or make them ineffective people.
6. To help the student-athlete improve their overall physical condition and specific athletic skills.
7. To help the student-athlete understand the sport in which they are engaged and the rules that govern it.
8. To provide a positive experience for each student to encourage a lifelong enjoyment of sports and recreational activities.
9. To promote school spirit.

## **Participation**

- Parents of students participating in activities at Trinity must sign a copy of the activities handbook to acknowledge they have read and understand the document.
- Student-athletes must submit a Physical Examination form (provided by the school) signed by a licensed physician, to the effect that the physician has examined the student-athlete and that the student-athlete may safely engage in athletic competition. This form must be returned to the athletic director before the student will be allowed to participate in practice sessions or interscholastic competitions. Physical examinations are valid for twelve months.
- Seventh and eighth grade students must submit a "Heads Up Concussion Fact Sheet" signed by them and their guardian. This form must be returned to the athletic director before the

student will be allowed to participate in practice sessions or interscholastic competition.

- Trinity Lutheran School does not provide individual insurance coverage for those students involved in interscholastic sports.
- Students may participate in more than one activity at Trinity in a given season at his/her parents' discretion.
- It is the position of Trinity Lutheran School that the activity offered in season takes precedence over a non- interscholastic activity (AAU team sport/club team sport) and other co-curricular activities. If a Trinity student-athlete participates in a non-interscholastic activity while simultaneously playing on a Trinity team, participation on the Trinity team must come first.
- Trinity athletes are expected to attend all Trinity practices and games. Missing part or all of a Trinity practice or game to participate in a non-interscholastic activity constitutes an unexcused absence from a practice or a game. The athlete must sit out the next game. *This is not to punish the athlete who misses part or all of practice, but to be fair to those athletes who regularly attend practices and games.*
- Repeated, unexcused absences may result in dismissal from the team.
- Seventh and eighth grade student-athletes may participate on varsity teams only. Fifth and sixth grade student-athletes may participate on junior varsity teams only. However, if there are an insufficient number of seventh and eighth grade players on the varsity team, a junior varsity student-athlete may play up on the varsity team.
- A student-athlete must take an active part in a given day's physical education class if he/she wishes to participate in that day's scheduled athletic practices or contests. A student who is exempted from gym classes by a doctor will not be allowed to participate in any interscholastic athletic activities.
- If a student-athlete is not in school due to illness, that individual may not participate in practices or games that day. If a student leaves school early due to illness, that individual may not return to participate in practice or event.

## **Academic Requirements for Participation**

Academic achievement is a priority at Trinity; therefore, academic standards must be maintained by student-athletes to participate in a given sport. Those who fail to do so may be placed on probation or suspension.

### **Academic Suspension**

Student-athletes who have one F or two D's in their school subjects over a given three week period will be suspended from participating in practices and games for a period of one week.

Should a student-athlete fail to meet the academic requirements for participating in extracurricular activities a second time during a sports season, the suspension will be for two weeks.

A student-athlete who fails to meet the academic requirements for participating in extracurricular activities for a third time during a sports season will be dismissed from the team.

### **Practice**

- Coaches will provide parents with a practice schedule prior to the onset of the season. Coaches will also provide updates to parents and student-athletes to inform them of schedule changes.
- Junior Varsity teams will not practice more than three times per week, and practice sessions will not exceed one hour and thirty minutes.
- Varsity teams will not practice more than four times per week, and practice sessions will not exceed two hours.
- Practice sessions must be completed by 4:30 PM on Wednesdays.
- Parents must realize that with limited gym space and availability, coaches may call evening, Saturday and/or Sunday practices.

## **Transportation**

Parents are responsible for securing transportation for their child to all interscholastic events in which they participate.

## **Administration**

The Athletic Director has the overall responsibility for the coordination and implementation of all sports programs within Trinity Lutheran School. The Athletic Director in conjunction with the Athletic Committee has full authority to develop and implement detailed guidelines for all aspects of the Athletics Ministry. The Athletic Director works with the Athletic Committee and reports to the School Principal and the Board of Christian School. Team coaches report to the Athletic Director.

### **General Responsibilities of the Athletic Director**

1. Serve as a Christian example of fair play and good sportsmanship.
2. Execute Athletic Ministry policies as established by the Board of Christian School and outlined in the Athletics Ministry Handbook.
3. Secure coaches for the various sports programs and hold a preseason meeting with all coaches to go over expectations.
4. Schedule and approve all athletic activities.
5. Secure facilities for interscholastic activities.
6. Hire game officials for all interscholastic activities.
7. Line up scorekeepers, timers, and other personnel for interscholastic contests.
8. Order new equipment and maintain existing equipment.
9. Be available for pre-season parent meetings.

### **General Responsibilities of Team Coaches**

1. Serve as Christian example of fair play and good sportsmanship both on and off the playing field and court. Emphasize the glory of God over school and self.
2. Conduct a pre-season meeting with parents of student athletes who are participating in the given sport, and distribute a copy of

team guidelines, coach's expectations, and practice and game schedules.

3. Organize and execute practice sessions in conjunction with practice times coordinated with the athletic director.
4. Provide supervision for student-athletes after practices and games until they are picked up by a parent or guardian.
5. Attend all games and be responsible for the conduct of the team.
6. Make new equipment needs known to the athletic director and care for existing equipment used in the sport coached.
7. Coaches are responsible for having signed medical release and transportation forms at all practices and games.
8. Coaches must participate in a post season meeting with the Athletic Director.

### **General Responsibilities of Parents**

Parents and guardians are a strong influential factor in their child's decision to become an athlete. Use your child's experience as a chance to be involved in his or her life.

At Trinity, we expect our students to put academics ahead of athletics. Parents play a vital role in helping their child maintain a balance between the two. Parents can help their child become a well-balanced student-athlete by carrying out the following principles.

1. Be a positive role model by exemplifying a Christian attitude towards all. Our school will support and reinforce positive Christian values that are taught in the home.
2. Assist their child in establishing proper priorities with respect to church, family, peers, study habits, and participation in extracurricular activities.
3. Encourage and participate in the development of their student-athlete's abilities.
4. Support their student-athlete's commitment to their team.
5. Encourage their student-athletes to accept responsibility for their actions and the actions of their team.
6. Encourage good health habits towards food, sleep, and exercise. Discourage the use of tobacco, alcohol, and drugs.



7. Show their support of their student-athlete, their team, and the Athletics Ministry by attending sporting events, and volunteering for concessions, clean up, and other areas of service.
8. Acknowledge outstanding effort, teamwork, and good sportsmanship. Praise your child for trying hard and competing fairly.
9. Support and encourage the coach. Show respect for his/her coaching decisions and refrain from criticism while in the stands or at home with the student-athlete. Refrain from coaching the student-athletes during games and practices.
10. Show respect for officials and opposing players, coaches, and spectators.
11. Get your student-athlete to practices and games on time and pick them up on time.

Parent concerns should be addressed at the appropriate time and place. They should never be addressed before, during, or immediately after a contest. If a parent has concerns they would like to address, they should first speak with the team coach. If an issue between a parent and coach is not satisfactorily resolved, the Athletic Director will then become involved. Parents need to remember that all coaches are volunteers and are giving their time to help make Trinity's Athletics Ministry a positive experience for each student-athletes.